

## CLAIMS

1. A vehicle seat comprising:

a base frame arranged to be attached to a vehicle body;

a plate-like movable plate mounted to a front bracket of the base frame by a front mounting shaft, said movable plate being rotatable such that the rear end of the movable plate rotates vertically about the front mounting shaft; and

a cushioning mechanism disposed between the base frame and the movable plate;

wherein said cushioning mechanism includes an upper connector connected to the movable plate and a lower connector connected to the base frame;

wherein said upper connector and said lower connector are coupled to each other by a viscous material damper and a spring, said viscous material damper being adapted to apply resistance to relative movement of the upper connector and the lower connector, and said spring being adapted to receive and support a load acting on the lower connector from the upper connector.

2. A vehicle seat according to claim 1, wherein the movable plate is furnished with a thin elastic member without disposing a zigzag spring.

3. A vehicle seat according to claim 1, wherein no zigzag spring or elastic member are disposed on an upper surface of the movable plate.